



INNOVATIVE TECHNOLOGIES OF POPULAR SPORTS DEVELOPMENT

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Annotatsiya: Ushbu maqola ommaviy sportni rivojlantirishda innovatsion texnologiyalarning ahamiyatini o'rganishga bag'ishlangan. Sport sohasida yangi texnologiyalar, masalan, raqamli platformalar, wearables (kiyiladigan qurilmalar), virtual va kengaytirilgan haqiqat, shuningdek, ma'lumotlarni tahlil qilish va sun'iy intellekt kabi vositalar, sportchilar va jamoalarga o'z faoliyatlarini yaxshilash, mashg'ulotlarni optimallashtirish va natijalarni tahlil qilish imkonini beradi.

Kalit so'zlar: innovatsion texnologiyalar, ommaviy sport, virtual haqiqat, jismoniy faollik, sport tadbirlari, sportchilarni rivojlantirish, ijtimoiy ta'sir, sog'lom turmush tarzi, sportni ommalashtirish, texnologik yangiliklar.

Аннотация: Данная статья посвящена исследованию значения инновационных технологий в развитии массового спорта. Новые технологии в спорте, такие как цифровые платформы, носимые устройства, виртуальная и дополненная реальность, а также такие инструменты, как анализ данных и искусственный интеллект, позволяют спортсменам и командам улучшать свои результаты, оптимизировать тренировки и позволяют анализировать результаты.

Ключевые слова: инновационные технологии, массовый спорт, виртуальная реальность, физическая активность, спортивные мероприятия, развитие споттеров, социальное воздействие, здоровый образ жизни, популяризация спорта, технологические инновации.

Abstract: This article is devoted to the study of the importance of innovative technologies in the development of mass sports. New technologies in sports, such as digital platforms, wearables, virtual and augmented reality, as well as tools such as data analysis and artificial intelligence, allow athletes and teams to improve their performance, optimize training and allows to analyze the results.

Key words: innovative technologies, mass sports, virtual reality, physical activity, sports events, development of spotters, social impact, healthy lifestyle, popularization of sports, technological innovations.

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, courage and patriotism, developing feelings of loyalty to the Motherland, as well as systematic organization of selection of talented athletes from among young people, and further promotion of physical education and mass sports. large-scale works aimed at development are being carried out. Nowadays, the interest in applying innovative technologies and interactive methods to the educational process is becoming more and more widespread. The use of such methods increases the effectiveness and effectiveness of education, increases the motivation of students to study. Innovation (English innovation) is the creation of newness, innovation. Therefore, using a work form aimed at increasing the effectiveness of the educational process based on news, not based on the same templates as in traditional education, means innovation. Basing on pedagogical technologies in education and striving for innovation, using various interactive methods aimed at activating students helps

to effectively implement the goal of education. Communicative methods are widely used in this technology, we will consider some of their main features. It is known that interactive methods are mainly used in conducting current interactive training. In the future, it is desirable that these methods grow to a certain extent into interactive technology. In our opinion, the difference between the concepts of this interactive method and technology can be described in this way. Interactive education method is implemented by each teacher at the level of available tools and capabilities. In this, each student learns at different levels according to his motivations and intellectual level. Interactive educational technology - each teacher provides training that all students master as intended. In this case, each student, having his own motivations and intellectual level, learns the lesson at a predetermined level. To promote the importance of mass sports in human and family life in all regions of our country, to promote that it is the basis of physical and spiritual health, to protect young people entering life with high hopes from harmful habits, to teach them their abilities and talents. There are important and urgent tasks to create the necessary conditions for their realization, to select talented athletes from among them, and to improve the targeted training system. Our country representatives Olympia games , world championships , Asia games and championships and international in competitions high to the results in the world of Uzbekistan reputation and athletic potential more is increasing , our republic in the regions the world to the templates suitable magnificent sports facilities set up being read , reader and students youth in the middle three from the stage consists of " Hope sprouts " , " Perfect generation " and Universiade sports games becoming popular is especially important . Physical education in their classes innovative technologies Current in the day education to the process innovative technologies and interactive methods to apply interest more and more wide color is taking Such methods apply education efficiency and effectiveness increases the number of students reading motives grows . Innovation (English innovation) is new creation is innovation . So traditional in education such as one different templates based on not but news based on education of the process effectiveness to increase directed the work from the form use innovation means In education pedagogical to technologies justification and to innovation aspiration , students to activate directed different interactive of the methods use education purpose efficient done to increase help will give . It's in technology communicative of the methods wide used , their some main signs seeing we go out Current interactive training take on the go it is known , mainly interactive methods is being used . In the future while these methods known level interactive to technology grow up pass to the goal according to It's interactive method and technology concepts mutually the difference we think so describe can Interactive education method - each teacher by there is tools and own possibilities level done is increased. Each in this student own motives and intellectual level according to respectively different level absorbs. Interactive education technology - each teacher all students in the eye as caught absorbing training take to go provides. Each in this student own motives and intellectual level have without training in advance in the eye caught level absorbs. Due to the deterioration of the health of the population, the growth of economic losses due to illness and trauma, and the intensification of production, the requirements for the level of physical health and professional training of persons engaged in active labor are increasing. Maintaining workers' health is not only a necessary condition for high labor productivity and improvement of well-being, but also a guarantee of stable socio-economic development of the country. That is why it is important to organize physical training, health and sports activities in labor teams. In enterprises and organizations of all forms of ownership, they are directed to the prevention of occupational diseases, reducing the impact of unfavorable factors of production on people, recovery (rest) after work, increasing professional practical physical training, and implementing measures for the recovery of occupational diseases should be

The main forms of physical culture use by workers in everyday life include:

- long-term physical training;
- hygienic and recreational physical culture;
- fitness and fitness physical culture;
- major sports.

The main direction of this form is to extend (extend) the general physical training base created in the process of physical education under state programs during the period of study in educational institutions. Therefore, in the main period of labor activity, general physical education continues, but taking into account the state of health, functional capabilities, professional activity, individual interests and needs. The main

long-term physical culture is used by almost healthy people who do not have serious disabilities in their physical condition and health.

Mass sport is an important field that promotes a healthy lifestyle among the general public through physical activity and competition. Digital platforms, such as mobile apps and websites, enhance communication between athletes and fans. Through these platforms, users are able to track their physical activity, create a training plan and evaluate the results. For example, apps like Strava and MyFitnessPal help athletes reach their goals. Wearable devices, such as smart watches and fitness trackers, allow athletes to monitor their health and fitness. They provide data such as heart rate, calorie burn and activity level measurements. These technologies are useful not only for professional athletes, but also for mass sportsmen. Virtual reality (VR) and augmented reality (AR) technologies make the sports experience more interesting and interactive. For example, with VR, users can try out different sports or exercise. And AR can provide additional information to fans during sporting events. In the field of sports, data analysis technologies are important in improving the performance of athletes. Through data analysis, coaches will be able to identify strengths and weaknesses of athletes, as well as optimize training. This in turn helps to improve the overall results of the teams. Social networks serve as an important tool in the development of mass sports. Athletes and teams can use social media to promote their activities, strengthen relationships with fans, and attract new audiences. These platforms will be useful in announcing various events and competitions and popularizing the sport.

Innovative technologies play an important role in the development of mass sports. Through digital platforms, wearables, virtual and augmented reality, data analytics, and social media, athletes' activities are becoming more efficient and engaging. The use of these technologies in the development of popular sports is important in promoting a healthy lifestyle and training new generation athletes.

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